

## Stratford offers to buy former teaching building

By Ellen Douglas

Stratford city council has decided to offer the provincial government \$1 for the building which used to house Conestoga's school of business.

Coun. Mike Jorna said in an interview that a letter has been sent to the province offering to buy the former Stratford Normal School.

The city doesn't really want the building, said Coun. Jorna, but it is the only body with the ability to purchase it.

Coun. Jorna said there are several groups which may want to get involved in the 90-year-old building's future, including one which may have intentions to take over the building. However, the names of these groups and the details of their business

plans have not been made public yet.

No one seems to know exactly how much money it will take to fix up the building. Coun. Jorna said the figure of \$60,000, which has often been quoted, is a pipe dream.

"The building could open in its present state for that," he said. "But there are laws which govern the conditions that public buildings must be kept in. It will probably cost big bucks." More liberal estimates for the cost of fixing up the normal school are around \$1.5 million.

Coun. Tom Clifford said in an interview that he is concerned that the city doesn't know what the cost will be. He said the whole building would have to be upgraded.

*See Building page 2*

## Employees represent college at world Youth Skill Olympics

By Pat Craton

Four employees of Conestoga College were part of a 76-member contingent representing Canada at the Youth Skill Olympics in St. Gallen, Switzerland, July 4-7.

Of the four, three were instructors and the fourth was Gail Smyth, a co-op adviser and this year's chair of the Ontario Skills Competitions. Smyth said Skills Ontario picked four judges to go from Ontario and three of them are Conestoga faculty who were chosen for their past experience and expertise. The three were: Mark Bramer, woodworking; Tom Franks, engineering technology — electronics; Mitch Wawzonek, engineering technology — mechanical.

Included in the contingent were 24 students and the same number of judges, or experts, as they were called. Each country sent an expert for every student entered in the competition which was limited to one student per category, Bramer said.

Besides the students and experts, the other members making up the contingent were officials and observers from the Canada Skills committee of which Smyth was one. In an interview, Smyth said the contingent also included a group of observers from Montreal, the next host city for the biennial international competition.

The Canadian contingent left for Switzerland on June 26 as events and activities for the four-day competitions began the following week on July 4.

*See Swiss page 2*

## Flying high



Adam Winski of Dallas shows off his rollerblading skills in front of Door 5 July 23. Winski is in Kitchener visiting friends and wanted to see the college.

(Photo by Lynne Thompson)



Jamie Droumtsekas fills in a hole in the Detweiler Centre July 25 where a nine metre-diameter electric marine motor once stood.

(Photo by Tony Kobilnyk)

## Renovations continue on schedule

By Tony Kobilnyk

Renovations to the electrical, machinery and apparatus hall in the Detweiler centre are currently under way, and are expected to be completed by this September, said Mike McClements, dean of the schools of engineering technology, trades and apprenticeship, and the Woodworking Centre of Ontario.

An 810-square-metre (9,000-square-foot) expansion of the centre will also commence this summer and is expected to be completed by January 1998, he said.

The expansion will be on the northwest side of the building, facing Doon Valley Drive.

The main purpose of the renovations, McClements said, is to facilitate the transfer of robotics equipment into the hall and to consolidate all of the college's programmable logic controller (PLC) training stations into one building.

PLCs, McClements said, control the functions of an industrial machine and initiate required steps in the manufacturing process. Sensors and the PLC instructions are used to move the machinery along in its task, he said.

**"The result of the ... renovations is to establish an automated manufacturing centre of training."**

*Mike McClements, dean of engineering technology, trades and apprenticeship.*

"It is the most widely used machine control in industry," he said.

Charles Cook, program manager

for the school of trades and apprenticeship, said a new curriculum has been created for electricians and technicians so the renovations are necessary and need to be completed by September.

"We've got some tight deadlines, but so far, everything is going along reasonably well," he said.

The expansion of the centre will provide space for industrial contract training, McClements said.

"The result of the construction and renovations is to establish an automated manufacturing centre of training," he said.

The centre has a museum-like appearance to it, McClements said. Historical photos, plaques and antique pieces are on display to give students a sense of electrical heritage. But some larger pieces of equipment not used in the delivery of courses have been removed and sold to create more space for the renovations, he said.

## Swiss welcome Conestoga reps

continued from page 1

Smyth said the organization of the event was "absolutely outstanding." Each attendee was issued with photo identification and the Swiss army provided security.

"There were buses at the airport to meet people and to take them to the hotels and to the site of the competition."

There were planned excursions for delegates and observers and all students and experts were issued with meal tickets. Silk flowers adorned the barriers that sectioned off the various areas of competitions at the site which Smyth said made the site very attractive.

"The signage was wonderful, you always knew where you were going and everything started and ended on time."

The opening and closing ceremonies were very well done,

Smyth said. There was good media coverage and it was exciting to see the smartly-dressed students marching in behind their country's banner at the opening ceremony. The Canadians were dressed in blue blazers, grey pants and multi-colored ties which were paid for by the federal government which also paid for the airfares and accommodation of the students and experts, Smyth said.

At the closing ceremony, Smyth said there were wonderful fireworks and at the end, a great big fireworks sign lit up which read "Goodbye Switzerland, Bienvenue Montreal."

As for her part as an observer, Smyth said she benefitted from being there.

"I have so many good ideas I could use. That was the point of me going over."

There were no students from

Conestoga representing Canada because no student from here won in any category in the 1996 Canada Skills Competition, the selection year for this year's international competition, Smyth said. And though Conestoga did well in this year's national competition, none of the winners will be representing Canada in the Montreal international competition because the students selected for that one will be those from the 1998 national competition.

Smyth said the Canada Skills Committee is considering a system in which each year's winners have equal opportunity of being considered for international duty. Smyth said Skills Canada is still a young committee as it started in 1989, and this year's participation at the international level was only the third time Canada has been involved.

do with the Stratford Normal School.

A group called Friends of the Stratford Normal School Heritage is fighting to save the building, the window and the heritage of the school.

Lois Macklin, secretary-treasurer of the group, said that if the Stratford Perth Museum were to move into the building she would be interested in an educational component incorporated into the museum.

However, according to Coun. Clifford, nobody should get their hopes up too high. "This offer isn't binding. The city doesn't have to go through with the purchase; we're just offering. We have no idea if the province will even take the offer of \$1."

## Youth Skill Olympics chance to meet experts, instructor says

By Pat Craton

Mark Bramer, an instructor in woodworking at Conestoga, enjoys attending the Youth Skill Olympics event, not only because it gives him an opportunity to travel but also because he finds it exciting to meet with other experts around the world in his area of expertise.

Bramer was one of four experts chosen by Skills Ontario to represent Ontario and Canada in the Youth Skill Olympics held in St. Gallen, Switzerland. Bramer went as the expert in cabinet making.

In all, there were about 40 categories with approximately 38 countries represented at the Youth Skill Olympics but Canada sent only 24 students as there are categories that do not apply to Canada, such as stone-carving, Bramer said.

The standard of workmanship was excellent, Bramer said of the category in which he was a judge. The students had to make a lectern with a door and a dovetailed drawer. The lectern, which had approximately 15 joints to it, was made of oak. The students had 22 hours over four days in which to build the assigned project.

Apart from the excellence of the work, Bramer said he was most impressed with the participants' work ethic.

"These are people 22 years of age or younger who are highly trained. They compete under

extreme pressure for 4 days and they do exceptionally well." Bramer said what impressed him the most was that nobody gave up. He said it showed him the participants' determination and pride in their work.

Asked how Damien Stokholm, this year's national gold medalist from Conestoga, would have done at the international competition, Bramer said Stokholm would have placed about 8th of the 18 entrants if he attended without additional training. If he were able to receive the extra and specialized training that all participants do, Bramer said Stokholm had a good chance of placing third or fourth.

Stokholm would not have been able to participate at the Youth Skill Olympics at any rate because he is over the age limit of 22. This is an aspect that Bramer said Skills Canada has to look at when organizing the competitions at the school, provincial, and national levels. Bramer said Canadian students tend to get into trades later in life so many of them are already over the age limit for the international competitions. In order to be competitive at the international level, some re-organizing has to be done, he said.

Apart from meeting other experts in his field, Bramer said the other highlight of his trip was in hearing and seeing what the other countries are doing in regards to training their apprentices.

continued from page 1

Coun. Clifford said he is concerned that the city won't be able to just buy the building and then turn it over to another organization, such as a service group, to run it. "The province will expect the city to own and keep the property. We couldn't get rid of it that easily."

At a July 15 council meeting, it was also decided to name the normal school a historical building so if it were ever to be demolished, the city would have six months to retrieve the \$80,000 stained glass window which is housed there.

Coun. Jorna said there is always a possibility that the building may have to be torn down, because if no use can be found for it within the community it will only deteri-

orate further.

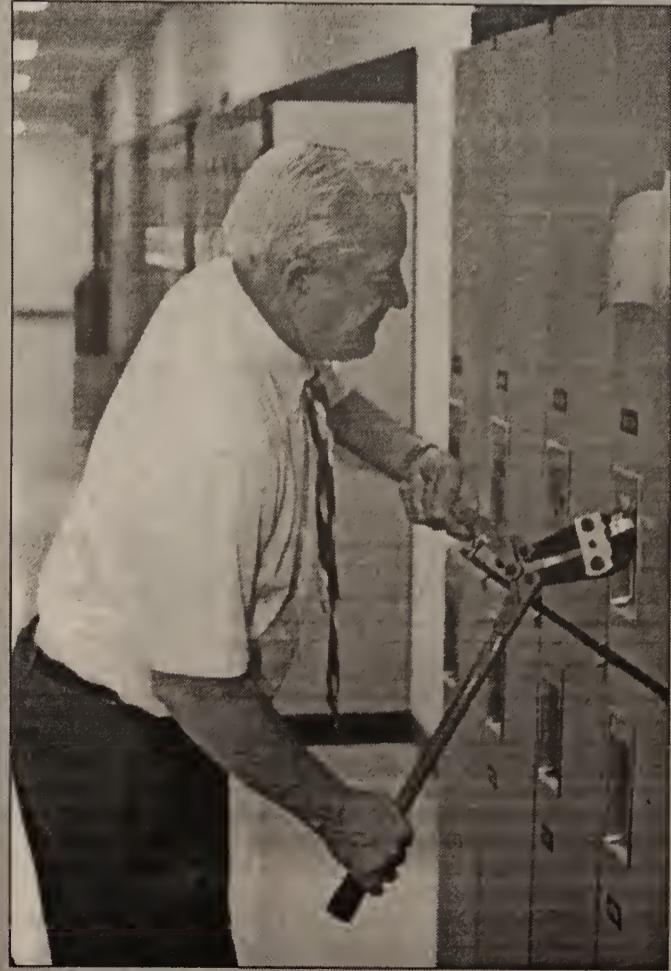
The commercial sector could never take over the building, said Coun. Jorna, because it is zoned "park and public."

"The building could never be turned into a bed and breakfast or a hotel," he said. "There has been some interest shown in that, but it would never happen."

The Stratford Normal School opened in 1908 as a learning institution for teachers. In 1953, the building became the Stratford Teachers College, and between 1973 and 1994 it housed Conestoga's school of business.

For the past three years, the building has been leased by the Stratford Festival Theatre. However, the lease ended this July which left the question of what to

## It's a dirty job...



Bob Gilberds, security officer, uses bolt cutters to remove locks from lockers which have had notices posted on them. Gilberds said that belongings which have been removed are held for a time and then auctioned. (Photo by Colleen Cassidy)

## Summer busiest time of year for LRC, information services co-ordinator says

By Lynn Jackson

Though summertime at Conestoga's Doon campus may seem quiet, it's one of the library's busiest times, said Cathy Potvin, co-ordinator of information services for the college.

The one activity that takes up the most time, said Potvin, is book inventory.

"We have to go through, book-by-book, matching them to a master list and make sure everything is there," she said.

The master list, which looks like an old-style card catalogue system, is updated constantly to keep an accurate record of what is kept on the library shelves, said Potvin.

"We couldn't do this during the school year. It's just too busy," she said.

If the library is missing a book, said Potvin, the library staff must decide if they want to replace it with the same book or a similar book on the same subject. She said the book is only replaced if it is still considered up-to-date and useful to the school curriculum.

"If we think something is too old and the information isn't relevant anymore, we remove it from the

collection," said Potvin.

If a book is not found on the shelf during inventory, the staff must check to make sure it is not signed out or being repaired, said Potvin.

"We usually look for it for a couple of months, if it's not found then it's considered missing," she said.

"We're usually pleasantly surprised with the little amount that's missing," said Barbara Cowan, a staff librarian technician.

She said there is no way to trace a book back to the person who had it last. "Once a book is back, there's no trace of who had it last. It's a matter of privacy. What people are reading is their business, not ours."

By inventory time next year, said Potvin, the staff may have a portable wand that stores the barcode numbers on all the library's books. From the data collected, the portable system will help the library's database generate a list of all the missing books, she said.

Other activities that keep the library staff busy during the summer months, said Potvin, include updating and ordering periodicals, repairing damaged books and



Cathy Potvin, co-ordinator of information services, takes inventory in the LRC using the master book file July 24.

(Photo by Lynn Jackson)

ordering new books and videos for the fall.

Currently, the staff is working on up-dating the records collection section which is located directly behind the information desk.

## Correction

The emergency PA system will be installed by September 1997, not September 1998 as reported in the July 28 edition of Spoke.

# Woodworking Centre Co-ordinator to be visiting lecturer for UBC program

By Colleen Cassidy

Mark Bramer is excited about his first visit to British Columbia.

Bramer, a co-ordinator at the woodworking centre, will start a year-long sabbatical at the University of British Columbia (UBC) in Vancouver on Aug. 1.

He said it is a self-generated professional development leave.

In October 1996, he said, he applied to the college for a leave and one was granted. He then applied to three educational institutions he wanted to work with.

Two of them were outside Canada. The third was UBC.

After hearing from all three, he said, he decided on the British Columbia offer.

Bramer said neither the college nor the university was thinking about an exchange, but both were interested when they received his proposal.

He said his position will be that of visiting lecturer at the Department of Wood Science Centre for Advanced Wood Processing.

As well as teaching a fourth year course, he said, he will be involved in curriculum development.

He will also help develop an agreement between the college and university that will allow graduates from either institution

to receive credit if they decide to attend a woodworking program at the other.

The B.C. program began four years ago, said Bramer. In order to get the program started, the first class consisted of students who transferred from the forestry program.

Now it is a regular university degree program, he said.

Although he is not certain, Bramer said he assumes there will be a stronger component of forestry to the B.C. program than there is at the college.

Students at the college learn about forestry, harvesting, and drying the wood, but they don't learn it in as much depth as he expects to find students attending the university do.

Students at both places learn to work with wood, he said.

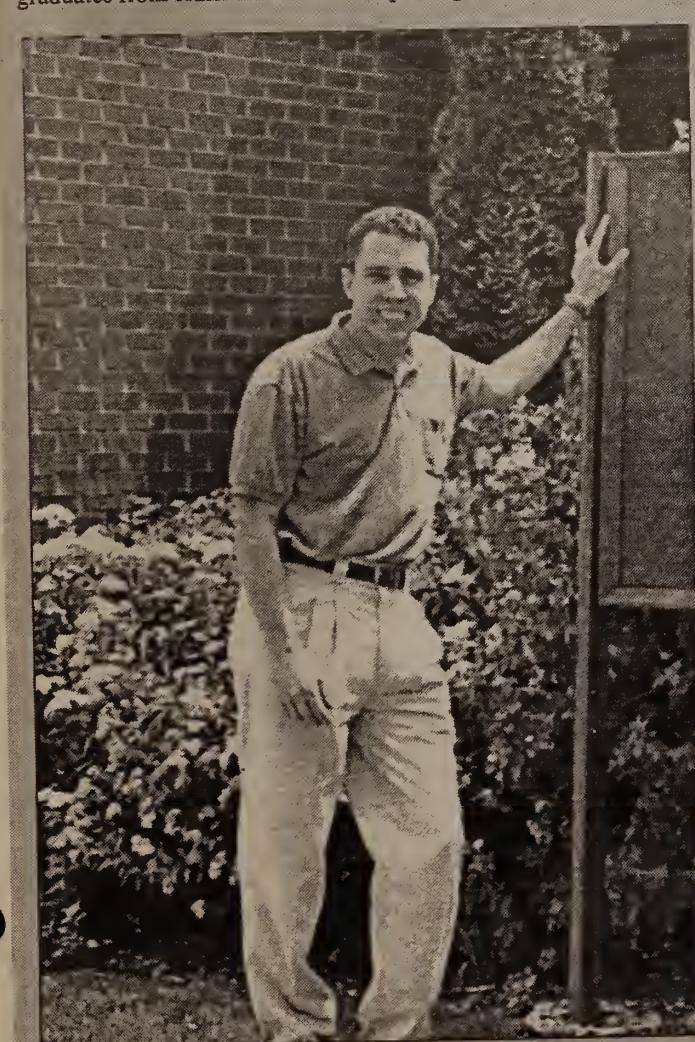
But there are plans, Bramer said, that he will be helping to merge into the university's woodworking program.

He said there are changes in the works at the woodworking centre as well.

Plans for changes include the delivery of programs for less cost to students.

As well, Bramer, said some equipment will be sold and \$150,000-\$200,000 will be spent on new equipment.

While Bramer is away, Mark Forgeron, an instructor at the woodworking centre, will be replacing him as co-ordinator.



Mark Bramer, co-ordinator of the woodworking centre, is leaving for a one-year sabbatical at the University of British Columbia beginning Aug. 1.

(Photo by Colleen Cassidy)



Nancy O'Reilly's family members stand in front of the shelving unit that was dedicated, in her memory, to the Stratford General Hospital. Back from left — Barb Bodo, sister; Dennis O'Reilly, husband; Adam O'Reilly, son; Sandra McLeod, sister; Breann Bodo, niece; and Don Franklin, brother. In front is Nancy O'Reilly's son Shaun.

(Photo by Ellen Douglas)

## Shelves dedicated at hospital

By Ellen Douglas

Conestoga's woodworking department has presented a shelving unit to the Stratford General Hospital in memory of Nancy O'Reilly, wife of woodworking faculty member Dennis O'Reilly and sister of woodworking shop technician Don Franklin.

The cherry unit was built by 12 students in the woodworking program as part of their course requirements. However, according to Al Sparling, an instructor in the program, the project was much more than just school work to the students.

The shelves will be used to hold books in the Dean Woodcock memorial room, a play and welcome area for children, in the palliative care unit at Stratford General Hospital.

It was there, in the palliative care

unit, that Nancy O'Reilly died of cancer early this spring. Sparling said Nancy left a lasting impression on the palliative care staff because of her strength.

Ted Doggett, a woodworking student, gave a speech at the dedication July 25 on behalf of all the students who worked on the shelves.

Doggett said the class was given a choice of two projects they could have done for their industrial millwork class. The class decided they wanted this project, he said, before they had even heard what the second project was.

"The project took the hearts of the faculty and students that worked on it," he said. "A lot of work was done on it outside of class time."

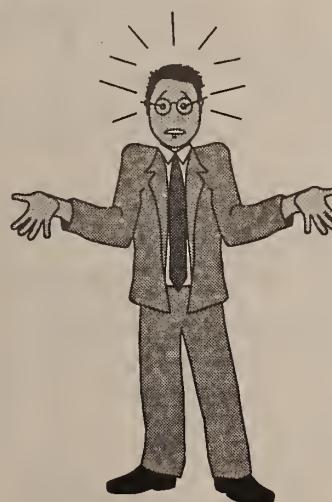
Several of the woodworking students, besides Doggett, were present for the dedication ceremony.

These were: Scott Craft, Paul Mercer, Steve Noseworthy, Mike Brownlow, Brad Renner and James McPhee. Also present were student facilitators Scott McEwen and Steve Bader.

When Dennis O'Reilly saw the handiwork, he said jokingly, "It's nicer than anything I expected." But he continued on a more serious note to say that Nancy would have loved the shelves. "Nancy was a great lover of books, reading and nice things in general," he said.

Mounted on the shelving unit is a plaque that was hand carved by faculty member Peter Findlay. It reads: "When you love, give it everything you've got. And when you have reached your limit, give it more."

The plaque is signed, "Your friends at the woodworking centre, Conestoga College."



Are your plans for the weekend determined by how much loose change is in your sofa?

Do you only go to the movies on Tuesdays?

If you answered yes to either one of these questions then...

## Sell your text books!

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# *perspective* SPOKE

## We should stop living for the moment



Often we hear the phrases "seize the day," "live for the moment," "today is the first day of the rest of your life." Impossible, if you live, like I do, in this century. We are part of the fastest marathon human civilization has ever witnessed.

The rat race requires cell phones, fax machines, the Internet, spontaneous communication, instant gratification and fast everything.

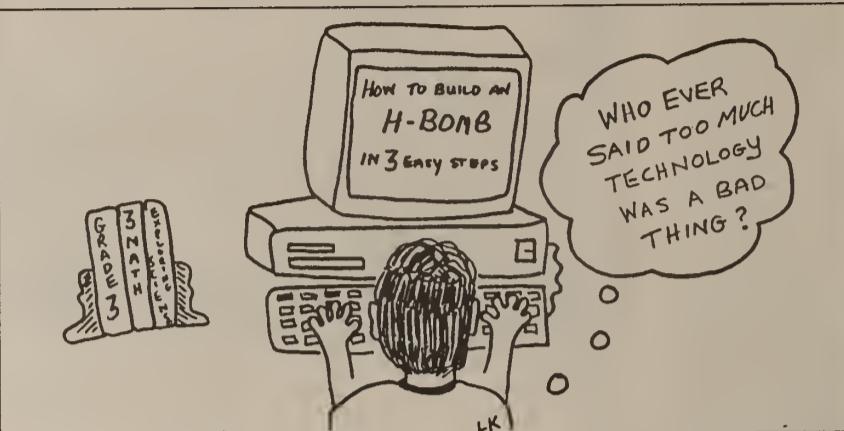
But, maybe we do live moment by moment more than we realize.

Images of trips yet to be had, mending regrets and making material purchases often arise when one is asked, "What would you do if today was your last?"

These unfulfilled aspirations end up being fleeting moments, much like the moment it takes to throw garbage out the car window, empty chemicals into the sink, or purchase a rug hand-crafted by a child starving in India.

Don't we already live for the moment?

Hasn't western civilization reached the end of the race to instantaneous gratification? Historic leaders have always lived for the moment.



The effects of implementing the use of certain technologies like atomic energy, or something as simple as CFC refrigeration are extensive and generational.

The long-term effects of these innovations were never considered when they were imparted upon us by those in power.

Instant political fixes, and a life instant and easy.

Easy?

The effects of the nuclear bombs dropped on Hiroshima and Nagasaki in August 1945 most certainly left a legacy of environmental afflictions. The effects of clear cutting for parking lots and factories are yet to be fully realized.

And what about the damage done to former colonial nations?

Stripped and stolen from, some of these nations still have no laws protecting them from pilfering corporations and governments.

They see their rivers run with chemical dyes, and breathe poisonous wastes which would be regulated here.

All of this for whose instant pleasure and gratification?

Flip over the tag on your shirt, check out the label on your bananas, look at your chocolate bar wrapper.

Who suffers because we choose to seize the day?

## You cannot change the laws of moving



I used to look forward to moving day about as much as someone looks forward to having his head shaved with a cheese grater. The only thing I thought worse than moving out of my apartment, was moving other people out of theirs.

I once joined other anti-movers in planning holidays at the end of the month, and swearing against ever owning a van or pick-up truck.

All this changed when I resigned myself to the universal laws that guide the process of emptying one building with junk to fill another.

There is, of course, Murphy's Law which explains why elevators don't work on moving day, but there is also the lesser known "Chesterfield's Law."

In effect, Chesterfield's Law dictates that the people who make couches are not the same people who make stairwells and doorways.

If someone built your doorway at 1.3 metres, someone else built your couch at 1.4 metres.

I once asked an engineer about how science can work around Chesterfield's Law. Because I was asking a member of the elite class who brought us the flush toilet and the popcorn button on the microwave, I knew I would get a grounded scientific answer.

"Engineers have a saying," he said. "If a



small hammer doesn't work, get a bigger one."

If it works to build space stations and fix the safety switches on roller coasters, I knew it would work for me.

So while I may have a couch with sledge hammer marks, I never worry about Chesterfield's Law.

The other law I have resigned myself to is the law of "Net Work Equals Zero." This works in the following way: calculate the time saved by making two trips from the apartment to the truck into one trip. Include the time to make everyone stop working and pile boxes on your arms, the time to unload the boxes to open doors and, of course, the time to pick up a pile of broken boxes in the parking lot.

Subtract this time from the time to make two trips. Net work should equal

zero. If not, you may not have calculated the time to glue together family heirlooms.

"What Comes Around Goes Around" is another law governing moving and is closely related to Net Work Zero. You can see this law in effect at the pre-moving garage sale when trying to sell everything you bought at your neighbors pre-moving garage sale. It is the law that ensures fondue pots and National Geographic magazines outlive the universe.

The final, and perhaps most important, law of moving I have resigned myself to is the law of gravity. In layman's terms, gravity means that what goes up must come down. When moving a washing machine into a basement apartment, gravity also means...what goes down doesn't come up.

## Lackadaisical prime minister fails Canadians

The prime minister hasn't been in the news much lately. Why should he be in the news more than the usual, you ask?

How about a war, not a physical war, rather an environmental and trade war. The enemy: the elephant from the south.

The war has been going on for some time over resources and culture. But it wasn't until B.C. fishermen entered the dispute that it has consistently hit the front section of papers.

The West is known as a no-nonsense place, and it makes sense that people who stood up to mountains should stand up to the elephant.

What doesn't make sense is that our own government, the Canadian government, would actually work against its own people.

During the recent blockade of the American ship *Malaspina*, the Canadian government sided with the Americans in a successful attempt to get a court injunction to end the blockade.

The "American pirates", to add insult to injury, even had the gall to try to send some of the salmon to a cannery in B.C. A roadblock by the fishermen forced the shipment to turn back.

Besides the fishermen, the only person in government standing up to the Americans is Premier Glen Clark. He has threatened to cancel the U.S. naval lease of the Nanoose Bay testing range and has been outspoken in criticising the Americans.

For Clark's trouble, he was attacked by the American State Department and called a "black-mailer." One U.S. senator has even suggested that the U.S. navy be used to "guard" American ships in the strait between Vancouver Island and the mainland.

It's similar to a spelling contest. The government has decided that by not spelling any words they won't get anything wrong.

How does the Canadian government reply? By calling Premier Clark's tactics useless. Someone wake me if Mr. Anderson or Mr. Chretien does anything productive.

The Liberals should be supporting Premier Clark, not letting it slip that they might expropriate the Nanoose testing range and give it back to the Americans after Clark kicks them out.

The anger has turned to Anderson, the federal Fisheries Minister who has been critical of the blockade and tactics of Premier Clark.

But, what has he or the prime minister done? The answer: not much despite the fact Anderson himself has accused the Americans of "severe overfishing" and specifically targeting valuable sockeye salmon headed for Canadian waters.

However, it is unlikely that anything will be done. It seems to be the philosophy of the Liberal government in Ottawa to do as little as possible. It's similar to a spelling contest. The government has decided that by not spelling any words they won't get anything wrong.

Joe Canuck should know better. We have seen the result of Mr. Chretien's inactivity in Quebec where the problem, as in B.C., continues to roll along unharried.

I can think of no better situation for the old adage: united we stand, divided we fall.



**Corey Jubenville**



Drop us a line.  
We welcome your comments and suggestions.



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## Continuing education offers courses designed specifically for women

By Shawn Leonard

With over 64 per cent of continuing education students being women, there is a need for courses specifically designed for them, said the director of continuing education at Conestoga College.

David Stewart said it is important for women to know more about their place in history.

He said it is also important that women know how they can deal with problems and issues that are facing them in today's society.

The women recorded in Canadian history provide students with an understanding of their numerous accomplishments. The history course offered at Conestoga also looks at a number of social issues that have a direct effect on women. These include family violence, women in employment, women and poverty and women in prison. Women will also be discussed in the context of the educational system, health

issues, changes in roles and the political process.

It is a two-week course running from Monday to Thursday at the cost of \$166.40.

Women in Conflict is a new course this semester which introduces students to profiles of female offenders and recent Canadian recommendations for treatment and programs to help female offenders. Other issues in the course focus on female offenders as victims of sexual abuse and whether violent crimes by women are because of an increase of substance abuse by female offenders.

The course also focuses primarily on the history, current practice and proposed future directions of dealing with women in conflict with the law in Canada.

It is an eight-week course at the cost of \$87.20.

Stewart said that in the future, continuing education would like to add more women-orientated courses.

## Downfall



Peter Higgins, head groundskeeper at Doon campus, saws a fallen tree to manageable sizes on July 22. The tree, which was dead, was cut down moments earlier.

(Photo by Pat Craton)

## Computer courses teach students required office skills

By Shawn Leonard

The computer courses consistently draw the most students of any continuing education programs, said the director of continuing education.

David Stewart said there are 65 courses available, and that these courses are designed to teach people how to use computers as a tool in business and in industry.

He said these courses help in upgrading a student's skills to match the requirements of the modern office environment.

"Computers are a very valuable tool in society today," said Stewart, "so to a student entering the workforce, it is important to know everything there is to know about how to use a computer."

He said the courses focus on subjects like computer literacy, networks, operations systems, word processing, spreadsheets, desktop publishing and the Internet.

"We even have courses like keyboarding and keyboarding speed and accuracy that help familiarize students with the computer keyboard," Stewart said.

Novell Netware is a 12-week course for students new to networks and provides a hands-on introduction to Novell Netware 4.x. The course teaches terminology and how to effectively use the network in the workforce. The course includes topics like sending messages to other computers, using the network's directories, understanding security and modifying login scripts and menus.

Computer literacy for windows is a 12 week course that is an introduction to the basics of using a personal computer under a Windows environment. The course shows students how to use a word processor and an electronic spreadsheet. The course is beneficial to students who need to understand

Windows basics for use on a computer on the job or at home.

Wordprocessing-Wordperfect is a 12-week course which covers wordprocessing concepts and techniques. Students learn how to produce various documents of

**"It is important to know everything there is to know about how to use a computer."**

*David Stewart,  
director of continuing education*

moderate to complex difficulty. There is an emphasis on creating, editing, saving and printing documents, using the search and replace feature, exploring print enhancements and using the speller and thesaurus facilities.

Some of the sessions also introduce advanced features such as multi-column documents, macros and merges.

Microsoft Windows is a 12-week course that helps students understand the MS Windows 3.1 Graphical User Interface. There is an emphasis on loading Microsoft Windows, moving and organizing icons in a Window group, starting applications with icons, and installing Windows and non-Windows software. Students are also introduced to multi-tasking, managing files and using accessory programs that Windows provides.

Lotus for Windows is a 12-week course that gives a comprehensive study of Lotus 1-2-3 for Windows Version 5. Students will learn how to plan, create, edit and print basic spreadsheets. Students also create graphics and manipulate databases. Advanced spreadsheet formatting, such as adjusting the layout,

height and width of rows and columns, changing fonts and type sizes, and adding borders are also studied.

Introduction to QuarkXpress is a 12-week course which provides students with knowledge on the software as well as desktop publishing terminology. The course also covers understanding the palette and measurement boxes, designing and constructing documents, importing, editing and modifying styles. The course takes a hands-on practical approach for all course assignments.

Practical user's guide to the Internet is a 6-week course which teaches students the skills needed to use the Internet. The course emphasizes learning the vocabulary associated with the Internet, as well as understanding the implications of the Internet for both business and society. The course also studies what future trends will be for the Internet.

## Adult students can expand their business knowledge

By Shawn Leonard

Continuing education's business administration programs offer students quality programs in a variety of different services in the business field, said the director of continuing education.

"They offer the best education in business accounting, law, communications and statistics," said David Stewart.

He said these courses are at a reasonable price and offer students a valuable stepping stone in their business education.

He said the courses are available to all adult students who want to expand their business knowledge.

The cost and management course introduces the primary

## The Sanctuary

### Summer Hours

Monday - Thursday 7 am - 7 pm

Fridays 7 am - 5 pm

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Stop by for a game of pool or watch TV during your lunch break  
If you have any suggestions for activities for the summer  
students stop by the DSA Office and let us know!

# Mechanical engineering project nears completion

By Colleen Cassidy

The third-year mechanical engineering students at Conestoga are working long hours finishing their final robotics and automation class project, in preparation for their fifth annual open house.

The robotics and automation final project is a student-generated project, said Pat Tondreau, mechanical engineering instructor and faculty advisor for the project.

"I'm here only as an adviser and facilitator," Tondreau said.

This year the class decided to build an automated shaving razor assembly line.

The assembly line consists of six workcells that are integrated into one system, Tondreau said.

The students are responsible for all aspects of the project including mechanical, electrical and pneumatic design, he said, as well as fabrication, which consists of machining, welding and wiring.

In addition, Tondreau said, the class is responsible for commissioning, which includes start-up, programming and integration.

As well, it is the students who

are handling project management and scheduling, he said.

Jeff Rivard, one of the students working on the project, said the class divided into groups and each group came up with a proposal and building plan they presented to the class.

Marco Gomez, who is also working on the project, said the razor assembly line was decided upon by a series of votes.

Each class member voted for the proposal they wanted to work on. The one with the fewest votes was eliminated and the voting was repeated until the razor assembly line was the only one left.

The class was not approached by anyone who wanted the assembly line built, Rivard said. It's not likely anyone who comes to the open house will be interested in using the idea. The purpose of this project and the open house is to demonstrate to employers what graduating students are capable of doing.

The open house, called Cutting Edge Automation, will be on Aug. 19, in room 2A16, from 1-4 p.m.



Steve Hatton, a third-year mechanical engineering student, checks the pick-and-place machine he built for the robotics and automation open house on Aug. 19. The machine is a sub-station of the class project, an automated assembly line for a shaving razor.

(Photo by Colleen Cassidy)

# Gym facilities shaping up

By Alison Shadbolt

Student use of Conestoga's fitness facilities has been growing steadily over the last two years, said the administrative co-ordinator for the Kenneth E. Hunter recreation centre.

New equipment has generated interest in the fitness gym and weight room, Paula Feddema said. The centre has acquired a new Windracer Exercycle and another Stairmaster, bringing the total of each to three, to meet student demand for the equipment. They have also added a Gravitron machine, which exercises the back and shoulder muscles.

To remain healthy, students should exercise for 20 minutes, a minimum of three times a week, said Carole Hea, the University of Waterloo's supervisor of health services.

The convenient location of Conestoga's recreation centre makes it a good choice for students who want to stay fit, said Feddema. Also, all full-time students pay a \$31 fee each semester for the facilities, whether they use them or not.

"We're ideally suited toward casual users and students, especially someone at Roadway Suites who can slide in and do a workout and just walk home," said Feddema.

Students who need advice on beginning an exercise program can schedule a \$15 appointment with a fitness or weight-training consultant, she said. Consultations begin again in September.

A fitness appointment includes an overall evaluation of the student's condition and advice on weight loss, general fitness and nutrition, depending on the individual's goals, she said.

"From there, she (the consultant) will set up a program for you,

which you can follow by yourself."

During a weight-training appointment, the consultant will instruct the student on proper use of the exercise machines and suggest routines to strengthen different muscles, Feddema said.

To schedule appointments, students should call the recreation centre at 748-3512 and leave their name and telephone number. The consultant will call back to choose a convenient time.

Free drop-in step aerobics classes are taught on Mondays and Wednesdays between 7 a.m. and 7:45 a.m. Regular aerobics classes are available on Tuesdays and Thursdays at the same times.

Students and members of the recreation centre are free to use

the fitness equipment whenever the centre is open, said Feddema. Staff are all trained in CPR and first aid. They circulate throughout the centre and a staff member is always at the front desk in case of emergencies.

Marlene Ford, the athletic program assistant, offered this advice to beginners: work out with a partner if possible, use common sense and don't overexert yourself, read the information on signs posted in the fitness gym, stretch before exercising and cool down afterwards.

"Get into a routine that fits you and that you feel comfortable with, then either maintain it or slowly progress," said Feddema.

Students can call (519) 748-3512 for information on centre hours, facilities, classes and equipment.



Rob Brown, a third-year woodworking student, works out in the weight room at the Kenneth E. Hunter recreation centre.

(Photo by Andrea Bailey)

# Heat no problem at Doon cafeteria

By L.Scott Nicholson

Hidden away behind the Harvey's serving area, in the D-wing cafeteria at Conestoga College, you will find the hustle and bustle of the kitchen.

It is here that John Kast, of Beaver Foods, oversees the day-to-day operation of getting meals out to the staff and students at the Doon campus.

The hot temperatures outside are a distant thought in comparison to the frigid climate in the kitchen where

pants, not shorts, are the appropriate attire.

While the heat can cause problems for some cafeteria-sized kitchens, it poses no threat for the Doon cafeteria.

"The heat hasn't been a problem," said Kast, the food services manager. "All the food preparation takes place in a refrigerated setting before and after it is cooked."

Kelly Meckling-Gill, a human biology and nutritional sciences professor at the University of Guelph, said the summer's heat is no cause for alarm when it comes to food preparation in most cafeterias.

She said most cafeterias are regulated to maintain a constant temperature and are regularly inspected to ensure Ministry of Health guidelines are adhered to.

Meckling-Gill said the biggest problem occurring in some cafeterias is when there is a constant freezing/thawing of foods or a

continual recycling of food in and out of the freezer.

"Once the product has been put out and warmed up for a considerable length of time, it shouldn't be reused," she said.

By doing such a thing, the food becomes prone to the growth of bacteria she said.

"When you put something back in the fridge, the bacterial organisms don't die," Meckling-Gill said.

"They just sit there and wait to grow again when they're brought back out."

The odds of such a thing happening at any of the Doon eating facilities are rare, said Kast. Employees in food services at Doon adhere to the Hazard Analysis Critical Condition Point (HACCP) course that teaches the safe handling of food, he said.

HACCP, a joint Beaver Foods and Ministry of Health program, encourages kitchen staff to constantly check food temperatures and control the time foods are put on display.

Kast said foods that need to be cool like salads, are kept at a temperature of 4 C or less, while soup and other hot meals are to be kept at 60 C. "Any food found to be between those temperatures is unacceptable and so it is thrown out," he said.

The availability of large volumes of fridge and freezer space in the kitchen area allows ample room for storage of unprepared and prepared foods.

All the food preparation takes place in a refrigerated setting."

John Kast, Beaver Foods

## Hemp making a comeback

## Hemp Asylum's merchandise makes sense

By Tony Kobilnyk

You might say that hemp clothing is a practical novelty. There's not much of it around, but according to Hemp Asylum owner Mark Hand, it's the best clothing you can buy.

Located in downtown Guelph, Hemp Asylum supplies curious customers with a selection of hemp clothing, paper, books as well as a wide assortment of smoking paraphernalia such as pipes and rolling papers.

Hand said he opened the store about 1 1/2 years ago after he finished a university degree at Wilfrid Laurier in Waterloo and began another program at University of Guelph. As his interest in school faded, the store seemed like a good alternative and interest in hemp was on the rise, he said.

"The reception in town was great," he said. "I expected a younger crowd mostly, but I get all ages and types in here. It's a good cross-section of humanity."

Controversy surrounds the use of hemp because the plant is closely related to the marijuana plant. However, Hand said, industrial use hemp does not contain sufficient levels of tetrahydrocannabinol (THC), the chemical which gives marijuana its much sought-after qualities, to cause any concern.

"Hemp clothing is more expensive," Hand said, "but it will last

about five to 10 times as long and breathe better than cotton."

Hand said he sells hemp T-shirts for \$27 and jeans for \$80.

Hemp paper is also more costly than conventional writing paper and 100 sheets of regular-sized writing paper costs \$8.95 in Hand's store.

Hemp is currently not grown in Canada and the cloth must be imported from countries such as China, Nepal and Hungary, Hand said. It is subject to a high import tax, he said, which also increases the cost greatly. But he said he expects hemp will eventually catch on and become more popular and more affordable.

Environmentally, hemp is also superior to cotton, he said, because it requires less fertilizer and no pesticides or herbicides to grow it. The paper products do not need to be bleached and fewer chemicals are required in the manufacture of it, he said. Because the fibres of the plant are stronger and longer than tree fibres, hemp paper is better for recycling as well, he said.

"Hemp used to be the biggest agricultural crop in the world before cotton replaced it," he said. "All the sails, ropes, clothing, maps and lamp oil on ships used to be made of hemp."

Hemp Asylum is located at 17 Macdonell St., in Guelph. Storegoers may not find Hand there however, since he has sold his store.



Mark Hand, owner of Hemp Asylum in Guelph, displays a hemp vest which sells for \$49.

(Photo by Tony Kobilnyk)

## A store for all ages

## Shakedown Street shakes up the establishment

By Lynn Jackson

With a style all its own, Shakedown Street originated as the first store in Ontario to carry a variety of hemp paraphernalia, said owner Bob Lazic.

Lazic, 25, of Kitchener, has owned and managed the 276 King St. W. location since it opened almost five years ago.

Lazic said the Kitchener shop ran into trouble a few years ago because of their hemp and pro-marijuana merchandise and literature.

"We (the store) got charged a couple of years ago for magazines and pamphlets that were pro-marijuana. We had \$4,000 worth of stuff confiscated, but a few days later we got everything back," he said.

A few months before the court date, around the time when changes were being made to the Canadian Criminal Code, the charges were dropped, said Lazic.

The shop consists of two rooms and carries a variety of items, including T-shirts, sweaters, posters, skateboards, jewelry, pipes, incense and candles.

Lazic said his main inspiration for opening Shakedown Street came from the 80 Grateful Dead



Bob Lazic, store owner of Shakedown Street, and his dog stand guard in front of his store on King Street.

(Photo by Lynn Jackson)

concerts he attended when he was younger.

"I toured with the Grateful Dead for five years and then I decided I

should settle down, so I got a Youth Venture loan and opened the store," he said.

The shop's name was also influ-

enced by the Grateful Dead concerts he attended, said Lazic.

"At the Grateful Dead concerts, there's an area where about

100,000 people are partying and vending and it's called 'The Shakedown Street,'" he said.

In terms of clientele, Lazic said his typical customers used to be around 20 years old. "Now," he said, "we get people of all ages. Everyone from little kids to people 50 years and older."

Shakedown Street's downtown location is great for business, said Lazic. "Our busiest times (for sales) are the summer and Christmas, especially the summer when there's a lot of tourists walking around downtown," he said. "If we were located somewhere else, people would have to know of us (the store) and make a point of coming out to the store."

Shakedown Street has two sister stores, with the same name, in Michigan, he said, and there are tentative plans to open another shop in British Columbia.

The shop employs four full-time staff plus Lazic himself, who said he does mainly the administrative work.

The shop is open Monday through Wednesday, from 11 p.m. to 7 p.m.; Thursdays and Fridays, from 11 a.m. to 9 p.m.; Saturday, from 11 a.m. to 6 p.m. Those interested can check out the store's Web site at [www.shakedown.com](http://www.shakedown.com).

# Treasures old and new found at Dr. Junk

By Hélène Beaulieu

A Pee Wee Herman doll swings from the ceiling. There's a street lamp behind the cash register and a late 19th century Prussian Junkel helmet is in the display case.

Venture into Dr. Junk — Fine Junk in Cambridge and you just never know what you might find.

Located on the site of the old Phoenix flour mill at 69 Ainslie St. S. in Galt, Dr. Junk is 540 square metres (6,000 square feet) of wall-to-wall, ceiling-to-floor antiques and collectibles; much of it Galt memorabilia.

Owner Peter Ward has been buying, restoring and selling what he calls fine junk for over 33 years. He started at Aberfoyle's Antique Flea Market where he still displays his wares in a 360-square-metre (4,000 square foot), 12-metre-tall (40 foot) barn he calls Pete's Corner.

He and his business have been featured on the covers of Exchange magazine and the 1991/1992 Directory of Antique Shops and Show Calendar.

And why not? Dr. Junk is quite a piece of work.

Among many, many, many other things, the store houses a display from the first drug store in Galt, now part of Cambridge. Beside it are the fixtures from Galt's first dentist shop — complete with chair and drill — and in the first Galt barber chair you'll find a mannequin sporting a native North American costume.

Cardboard cutouts of Don Cherry, Wayne Gretzky selling Coke, and Batman, when he was Michael Keaton, peek out from various cluttered corners.



Peter Ward, owner of Dr. Junk — Fine Junk, shows off his favorite piece of fine junk, the last, fully-restored 1922 McLaughlin Buick. The car is available to anyone willing to pay the \$150,000 Ward is asking for it.

(Photo by Hélène Beaulieu)

The last, fully restored, 1922 McLaughlin Buick sits off in the farthest nook of Dr. Junk's — beside a gas pump that looks like it was made at about the same time.

Gleaming, pale yellow and surrounded by a brass railing, the car is Ward's favorite piece of fine junk and could be yours for a measly \$150,000.

Not quite what you had in mind?

How about the complete California Raisins figurine collection? A balloon mould once used at a Galt factory, quilts, paint-

ings, stuffed birds, fine china, a traffic light or one of over 4,000 record albums?

How about a zebra skin?

emporium.

But, it's not all retail sales.

Ward says he supplies props and costumes for many local theatre

**"To do this you either have to be stupid or enjoy it and I'm not stupid. When it stops being fun, then that will be it."**

*Peter Ward, owner of Dr. Junk*

Furniture, figurines — even a fireplace — all lurk in the deepest recesses of Ward's eccentric

companies. Galt, Kitchener, Stratford, "We rent them whatever they need."

To top it off, since Christmas '96, Ward says Dr. Junk has been the sight of three commercials and at least one movie for YTV.

He says that about 37 other shops of a similar nature have come and gone since he started Dr. Junk. "I'm hanging around, don't ask me why," he chuckles.

But, even at 65, Ward says he currently has no plans to retire. He enjoys his work.

"To do this you either have to be stupid or enjoy it and I'm not stupid. When it stops being fun, then that will be it."

## Fulfill your fetish for the unusual at The Stag Shop

By Hunter Malcolm

The problem of shopping for that person who has everything can be easily solved with a stop at the store that caters to pleasure.

The Stag Shop offers a wide variety of toys for lovers of all orientations and lifestyles.

The Stag Shop may be summed up as a store which specializes in sexual novelties.

With a wide ranging inventory including things such as various toys, lotions, games, lingerie, videos, gag gifts and bondage accessories, you are sure to find

what suits you or that special someone.

It has been conveniently located within a five-minute drive from Conestoga College, at 10 Manitou Dr., on the corner of Fairway Road, for the past four years. The shop is the second of two locations in the Kitchener-Waterloo area. The original location has been at 7 King St. N. for the past 25 years.

Manager Debbie McCullough has been working at the Manitou address for about two years now and says she has seen it all.

"It's mostly fun working here, you get all sorts of characters coming in. Of course most of the

customers are shopping for someone else," she said.

McCullough said though that it can also be a little scary.

"I've been propositioned to model some of the clothes before and some people, some of the more enthusiastic, have wanted to try some of the products here instead of waiting to get home," she said.

McCullough said that the clientele ranges from lawyers and teachers, everyday people, to cross-dressers and freaks.

When the store opened up originally there was some outcry from neighbors who were concerned

about this eccentric boutique moving in.

McCullough said they were told to just be careful of what they displayed in the windows and that over the years people have gotten used to the Stag Shop being around.

"The original store has been in business for a long time now so obviously there is a demand for this sort of thing," she said.

As manager of the shop, she has also seen some of the trends in sexual novelties.

"S and M is really taking off this year, and I can't keep the whipping crops in stock," she said.

The little leather sticks sell for \$19.95 but there are also higher end products available.

McCullough described "Bridgette" as the Cadillac of inflatable dolls. Listed at \$120 the doll vibrates and is designed to withstand the pressures of a 250 pound friend.

The range of items stretches from the practical to the perverted, so even the most prudent shopper should be able to find what he/she needs.

The Stag Shop is open from 11 a.m. to 9 p.m., Monday through Friday; 10 a.m. to 6 p.m. on Saturdays.

## Store in Guelph offers traditional touch of Japan

By Bob Puersten

In downtown Guelph, on Quebec Street, there is a shop which specializes in Japanese artifacts and culture.

Traditions of Japan sells a range of goods which includes Japanese cast iron items: tea pots, wind bells, garden lanterns, cookware; bonsai and ikebana supplies; books; calligraphy supplies; paper; clothing; kimono; tai chi supplies; incense; music; dishes; table ware; cook

ware; garden ornaments, said Michelle McMillan, the shop's owner.

McMillan said bonsai, which literally means "a tree in a pot," is the art of miniature trees. Contrary to popular belief, she said, bonsai can be done with any type of tree.

"Essentially you can plant any kind of tree in a pot, shape it and call it bonsai."

However, she said, tropical or subtropical varieties are normally used because they are the only

varieties which can survive indoors.

"All of the trees that we sell are subtropical and tropical trees."

In addition to the trees themselves, Traditions of Japan sells bonsai pots and tools, which are imported, McMillan said.

Ikebana, McMillan said, is a Japanese style of flower arranging.

"In Japanese flower arranging," said McMillan, "everything's very specific. There are rules to where everything stands in an

arrangement. So, it's very important to make sure that the flowers will stand right where you want them."

One of the tools of ikebana is pinholders, known as kenzan or "frogs," said McMillan.

Ikebana can be done in any container which holds water, said McMillan.

"You can do an arrangement in a piece of driftwood, putting your kenzan in a tuna tin, or you can use a bowl or a casserole dish, whatever you like."

In addition, there is an art gallery in the store which features mostly local artists, said McMillan.

McMillan also said Traditions of Japan offers numerous courses and workshops on evenings and weekends on bonsai, ikebana, chi-gung, tai chi, Japanese language, and sushi-making.

"If people are interested in more information, they can get on our mailing list," said McMillan. "We have so many different things going on."

# Permanent building blocks

## Countryside Toy Outlet houses Scandinavian Lego creations

By Lynne Thompson

According to owner James Boudreau, Countryside Toy Outlet, which opened May 4, 1996, offers something for kids of all ages.

The 360 square metre store, located in the St. Jacobs Factory Outlet mall, sells only one thing: Lego. However, what makes this store unique, said Boudreau, is that it does more than just sell the product.

The most eye-catching aspect of the store is the huge displays featured around the store which are made entirely out of Lego. "The main focus is for bricks."

Boudreau said kids to come in and have fun."

*James Boudreau,  
owner of  
Countryside Toy Outlet*

time to time, but Boudreau, who co-owns the store with his father, Gary, said his store is the only one in Canada that he knows of which houses large Lego constructions on a permanent basis.

The displays are built by a team of Lego employees in Denmark, said Boudreau, and are shown all over the world. There is no charge for Countryside Toy Outlet to use these displays, he said, because they are a form of promotion

for Lego.

Boudreau said that before constructing the displays, Lego decides on a theme around which the displays will be centred. Countryside Toy Outlet is currently home to the "World of Pirates".

One display, for example, shows Anne Bonny (who was one of the few female pirates) in court. This display was constructed with approximately 38,180 Lego bricks and took 254 hours to build.

Displays are held together by glue, and tiny motors are used on those displays which have moving parts.

Boudreau said the displays in his store will change every year to year-and-a-half. He said he is not sure of the exact cost of each display, but estimates it is somewhere in

the six digit area.

Another aspect which draws people young and old into the Countryside Toy Outlet, said Boudreau, is the play area set up inside the store which contains thousands of Lego bricks for people to put their imaginations and creativity to.

"The main focus is for kids to come in and have fun," he said. "It's hard to say who has more fun, kids or adults. On Saturdays you



Laurie Laur watches her children, Coval (left) and Hayley, as they play with Legos in the play area of the Countryside Toy Outlet.

(Photo by Lynne Thompson)

see an even mix of big kids and little kids playing."

For those who enjoy the store so much they want to take the fun home with them, Boudreau said if Lego makes it, they sell it. "We are one of the only full-line retailers in Canada. We carry everything Lego makes," he said. "We also get closing products — things which have been discontinued and are marked down 20-40 per cent."

Boudreau said his store also

offers birthday parties for children in the Lego Maniazone. The cost is \$10 per child. This pays for the staff to host the party, food for the child, and a \$3 toy which can be taken home after the party is over.

Boudreau said that since they began offering birthday parties in August of 1996, they have done approximately 180-190 of them.

According to Boudreau, about 100 people a day come through his store during slow times. However,

during busy periods, such as Tuesdays, Thursdays and Saturdays when the Farmers' Market is open, close to 1,000 people per day walk through Countryside Toy Outlet.

Countryside Toy Outlet is located at 25 Benjamin Rd. in Waterloo. Its hours of operation are Monday to Friday 9:30 a.m. to 9 p.m., Saturday 8:30 a.m. to 6 p.m. and Sunday 12:00 p.m. to 5 p.m.

# Traditional ties

## Waterloo store offers a variety of beads, stones and crystals

By Sarah Smith

For anyone interested in creating their own jewelry, a selection of stones, crystals, beads and other ornaments is available for purchase at a small house in downtown Waterloo.

Beadelighted, located at 60 Regina St. N., just north of Erb Street, offers customers the opportunity to choose their own materials and to create their own custom design.

"People can come in here and choose the beads they want to put together," says employee Gillian Chapman.

"Then we can put the bindings on here, or they can take them home and do it themselves."

Originally the store featured high-quality beads made of natural materials such as semi-precious stones, wood, metal and bone, but now Beadelighted also features "baskets of earthly treasures," according to the store's brochure.

"We've got a lot more stones, a lot more crystals, and a really great variety of them," says Chapman. "The beads are cool, but the stones are my favorite."

Opened on May 1, 1992, Beadelighted first originated in proprietor Kristy Ellenton's basement before she expanded to a



Gillian Chapman of Beadelighted displays some of the store's jewelry crafting products.

(Photo by Sarah Smith)

commercial location.

In the fall of 1994, the business moved again to its current location, the main floor of a house on Regina Street.

Day or evening classes about

jewelry making are offered by Ellenton and Chapman to minimum-sized groups of three, starting at \$18 per person.

A group of four costs \$16 per person, a group of five costs \$15

per person and a 25-per-cent discount is applied to any purchases made at the store on the day of the class.

Books and magazines on jewelry making and crystals are also

available for purchase or reference.

Word-of-mouth keeps the customers coming in, says Chapman, though she is uncertain of exact numbers.

"I don't think in terms of that. I'm an artist. I don't even worry about that sort of thing. I know we're doing all right," she says.

The use of beads dates back at least 40,000 years when they were used as jewelry, ceremonial items, symbols of wealth and for barter, according to the brochure. Since the 1960s, collection of beads has been steadily increasing.

"The worldwide availability, from places like China, Taiwan, Japan, India, Europe and Indonesia, has provided an ever increasing volume and variety of beads imported to North America," says the brochure.

As for the stones, many cultures use them for healing, divination and as sacred and powerful tools.

"Crystals possess an electrical charge known as piezoelectric energy," says the brochure. "This energy makes crystals and other gemstones more than merely a thing of beauty and adornment."

Amethyst, lapis, malachite, citrine, fluorite, garnet, rose quartz and amber are just some of the stones and crystals available at Beadelighted.

# Everything cream and gold at La Crème Decor

By Anita Filevski

If you ask Diane Snider which colors she wears when she's not working, her answer may surprise you.

"No color on weekends," she said.

Snider, manager of La Crème Decor in St. Jacobs, said she has a closet full of cream-colored clothes.

"Everybody wears crème. The girls choose to do it," she said, referring to La Crème Decor's nine employees.

La Crème Decor sells clothing, kitchen accents, Victorian lamps, and giftware in cream and gold only.

The store has been in business for almost two years now, and is owned by two sisters, Nancy Boudreau and Carolyn Duncan.

The idea for the shop came from Boudreau's northern Minnesota days, where she came across a store called Blanc on Blanc, Snider said. Blanc on Blanc sells items in silver and white only.

Snider said Boudreau loved the concept so much, she decided to open La Crème Decor.

"Crème and gold are so warm and wonderful," Snider said. "We enjoy the village and the tourists."

Two years ago, Snider said she was working part time at Heartwarmers, a shop which sells French country kitchen accents and other home decorative items. Heartwarmers is also located in



A bedroom display at La Crème Decor in St. Jacobs contains only cream and gold furnishings.

(Photo by Anita Filevski)

St. Jacobs and has been in business for approximately eight years.

Through Heartwarmers, Snider met Boudreau, who asked her to work at La Crème Decor once it opened.

Snider said it took about six months for the store to open, once Boudreau heard the building the shop is now located in was going to be renovated.

Not long after, the business

gained a reputation for its feel-good atmosphere.

"When people come in, we love the comments," Snider said. "They say things like, 'We've come into heaven.' It's uplifting."

Snider said La Crème Decor's motto is affordable elegance.

"That's really important to Nancy. We have beautiful merchandise, but let's face it, people are on budgets. We tried hard to be affordable. Our prices are fantas-

tic."

Snider said the store's most popular item is the hand-crafted Victorian lamps. The clothes also do well, she said.

"When we started, the clothes were a small portion of the store," she said. "Now they're half."

Snider said she and her associates travel to Atlanta, Dallas, California, New York and Toronto approximately four times a year to discover new fashions for the

shop.

"We zero in on what we like," she said. "New, different, unique — it's very important to us."

La Crème Decor also carries items made by local residents. Snider said La Crème Decor's white chocolate comes from Kitchener and their soft-sculpture bunnies are made by a designer in northern London.

Snider estimated about 2,000 people come through the store in a week, and although La Crème Decor advertises in magazines like Community Living, most customers hear about the shop through word-of-mouth.

"We have an extensive customer list," Snider said.

La Crème Decor also showcases its clothing at fashion shows held at Bingeman Park, Snider said.

The store has a cappuccino bar in the corner of the upper level, so shoppers can sit down and relax, or wait for their friends as they take a look around the store.

The store has just finished setting up its Christmas in July display, Snider said. Customers can go in and see a Christmas tree fully decorated in gold by the register located on the upper level. But, customers aren't the only fans of La Crème Decor.

Snider said overall, the clothes are her favorite merchandise at the store. However, she said, the hand-crafted Victorian lamps are also on the top of her list. "I have 13 of them at home," she said.

# Old becomes new again at Revival clothing shop

By L.A. Livingston

Walking into Revival Vintage Clothing and Furniture shop at 56 King St. N., Waterloo is not just a walk into yet another second-hand store. It's a walk into the veneer furniture of the '50s, the hiphuggers and bellbottoms of the '60s, and the polyester of the '70s. It's old, it's new, it's funky.

"I certainly have a love of things old and I'm devoted to buying used things," owner Gayle Johannessen said. "There's always that sense of the hunt and discovery."

The store was opened in January by Johannessen, who said she used to deal in antiques over 20 years ago. She ran the business out of her home, she said, and had never tried a retail operation.

"It was something I had wanted to do, and I just never had the courage to take that final step. Once I found this location, I could visualize it. I thought the combination of clothes and vintage furniture would be a nice combination."

The location, she said, was a "happy accident." Revival shares its entrance with the Goodwill store on Princess Street.

"To my mind, when people are thrifty-minded and on the lookout for used articles, it's much more productive to hit three or four places rather than just one."

for used articles, it's much more productive to hit three or four places rather than just one. I certainly see having the Goodwill as neighbors as complementary and not competitive."

Johannessen says she hopes people will be drawn to her store because of its unusual items.

"I hope they'll find unique and unusual items, that somebody's done a lot of hard work doing

The store has pieces of clothing from the last few decades, as well as an assortment of dishes, chairs, tables and rugs.

There are lots of mirrors — big ones, plain ones, ornate ones — and everything is arranged almost as if you were walking into someone's home.

The green vinyl couch sitting prominently just inside the door is Johannessen's favorite piece.

"It's like a great waiting room or bus station settee (sofa), she said.

"It's become a sort of signature piece in the store in that people often, after they've walked around the store, they'll just plop down on it and they take a five-minute breather. We've all become attached to it, so it's become a kind of focal point. We move it around but it's always there."

She said she may have to say goodbye to the couch someday when someone buys it, but she isn't too heartbroken about the possibility.

"One of the things about being in business is that you don't have that sense of ownership but you delight in things as they pass through. You have this promiscuous attachment to things — you love one thing one day and another thing the next."

*Gayle Johannessen,  
owner of Revival Clothing and Furniture*

some pre-selecting for them and that they can find a really great jacket, great pants or a great prom dress, or just something unusual."

Johannessen said she buys everything for the store outright and she doesn't take items on consignment.

She has wholesale suppliers in Toronto but also attends auctions and sales for larger pieces, such as some of the furniture in the store.



Twins Astria (left) and Charlotte Weston of Waterloo try out some of the handbags and hats at Revival Vintage Clothing and Furniture shop at 56 King St. N., Waterloo on July 25.

(Photo by Lisa Kloepfer)

# Cyber-café puts byte into downtown Kitchener

By Craig Vallbacka

Most people wouldn't order a byte of coffee. However, at a café in downtown Kitchener, it's a common request.

The Go Internet Café, which has been open for less than a year, offers byte-, mega-byte- and gigabyte-sizes of coffee for customers to purchase.

This play on words is a reflection of the technology-based angle of the café.

Peggy Allen-Winslow, manager, said the café offers customers a variety of services, one of which, is Internet access.

Access to the Internet costs 12 cents a minute and is available at six work stations inside the café. Allen-Winslow said the café is planning to install at least six more work stations to meet customer demands.

"The Internet part of it (the café) is only a piece of the business," she said. "It would be like having pool tables or games in here. The business is the café, and the uniqueness is in being able to do some cyber-stuff."

Allen-Winslow said the Go Internet Café makes it easy for people who don't know about the Internet to come in and ask as many questions as they want.

Aside from providing Internet access, the café also offers the services of its parent company, Go Inc. International.

Go Inc. International, she said, sells long-distance phone packages, Internet server packages, e-mail packages and calling cards.

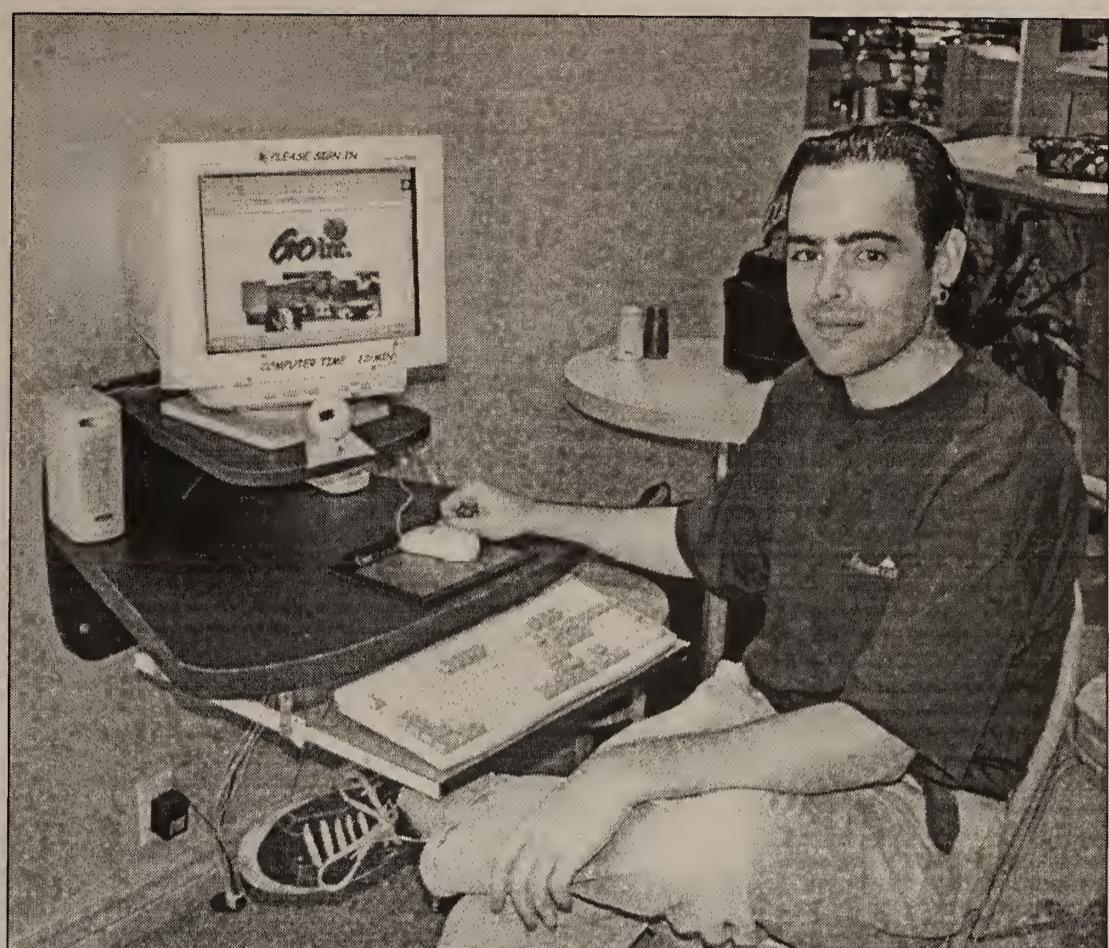
"We also have specific café packages," Allen-Winslow said.

The café packages provide frequent customers with Internet and e-mail access at a monthly rate.

Go Internet Café also offers customers a variety of modestly priced drinks and food. The café's menu includes bagels, soups of the day, salads and desserts. Allen-Winslow said the café will begin serving specialty sandwiches by mid-August.

The whole concept of a "cyber-café" is not entirely unusual, she said, although they have only existed for a couple of years. "It's only unusual for here," she said. "California and B.C. have them all over the place. It's just southern Ontario catching up with the rest of the world."

The Go Internet Café is located at 10 King St. E. and is open Monday to Wednesday from 7:30 a.m. to 11 p.m.; Thursday to Saturday, from 7:30 a.m. to midnight; Sunday, from 10 a.m. to 10 p.m.



Tony Rivet, an employee at the Go Internet Café, displays one of six Internet terminals which customers can use.

(Photo by Craig Vallbacka)

## Now and Then Books: a comic experience for all ages

By Colleen Cassidy

Owner of Now and Then Books Harry Kramer said the store was opened 20 years ago, partly by accident and partly by necessity.

Smiles and Chuckles candy factory, where Kramer worked, had closed its doors and after eight months, he said, he still hadn't found another job.

Kramer said he'd been interested in comic books since he was a boy, and he'd developed an interest in science fiction while in his teens.

He decided to incorporate his hobbies and open a book store.

He opened with \$1,500 on Oct. 26, 1971, on the bottom floor of an old Victorian house at 98 Queen St. S. Now he deals with a distributing company from Toronto, because, Kramer said, it's cheaper.

A person starting a similar business today would need \$18,000-\$20,000, Kramer said.

At the time the store opened, Kramer had a partner. However, the partnership didn't work and he bought the partner's share of the business. He said the two

remain friends.

Now and Then Books was the first of its kind in the area. There have been a few like it that have opened since, Kramer said.

"Some have come and gone and some are still around."

In 1982 he moved the business across the street.

"The house had a nice atmosphere," Kramer said, "but there wasn't enough room. A lot of the stock was packed in a back room."

Peter Esztelecky, a five-year employee, said Now and Then Books was the first place in the K-W area to handle role-playing games, like Dungeons and Dragons. World War II strategy games are popular, Esztelecky said, and superhero comics, Batman, Superman and X-men, are the favorites. Customers are of all ages, he said. "Kids come in with their parents and business men come in after work still wearing their jackets and ties."

Almost one-third of the customers are women, he said.

"Comics are written and illustrated mostly by men," Esztelecky

said. "The stories are targeted towards the male market."

He said regular customers spend about \$20 a week. That's six or seven books. Most publishers try to keep a couple of books at \$2, but the average price of a comic is \$3. Some sell for \$25, Esztelecky said. They are the same comics that sold for 25 cents, 20 years ago, he said. People get interested in comics after they borrow a book from a friend, he said. They want to find out what will happen next.

"Then they both come in ticked off because they have a hobby they didn't want."

Esztelecky said there is not a lot of money to be made by buying and selling comics. Most publishers sell reprints bound as a book with three or four stories.

Kramer said occasionally someone will come in with an original comic book that's still in good condition, but if everyone had saved their old comics they'd be worthless anyway.

"Buy the books you want, read 'em and if they rise in value that's an added bonus."



Peter Esztelecky, an employee at Now and Then Books in Kitchener, shows a selection of comics. (Photo by Colleen Cassidy)

## Local military specialty bookstore focuses on history

By Tim Kylie

After losing his job at a plastics company in 1993, Ed Foerter decided to take a chance by expanding a basement hobby into a small business.

Now he is the owner of Air Support Military Books at 269 Frederick St. in Kitchener, the only military specialty bookstore of its kind in southwestern Ontario.

He sells new and used books and magazines about military history

and hardware, as well as modelling kits which are mostly of military aircrafts.

His interest in military books started after university, when he "got back into modelling," he said in a recent interview. He started collecting books to help authenticate his models and eventually became more interested in the books than the models.

When the Canron Inc. plastics plant in Waterloo closed and he lost his job as plant manager, Foerter decided to move his book

hobby out of his basement and turn it into a full-time job.

"They closed the plant down for what I didn't think were very good reasons," he said. "I was just sick and tired of working for other people, making them lots of money, and them turning around and getting rid of you."

As he described them, his books are geared to the "hard core" military history buff, the kind of person interested in histories of specific units or specific battles.

But, he said, the focus of the

store is history, not militarism.

"When I first opened the place, I was afraid people would say we were warmongers. A lot of the guys who come in here would never go to war; they know too much about it." About five per cent of his clientele are from places like London and Hamilton, where modellers and military history fans lack a resource store like his, he said. Of the rest, about 60 per cent are modellers and 35 per cent are simply history fans.

Foerter said one of the enjoyable

things about his job is talking with the customers, many of whom come from the neighborhood.

"It's just a little store," he said. "But I've got a table and chairs and the guys will come in, and instead of just coming in, buying and running off, some of them will stay for a half-hour or an hour and chat."

Air Support Military Books is open Tuesday to Thursday from 11 a.m. to 6 p.m., Friday from 11 a.m. to 9 p.m. and Saturday from 10 a.m. to 5 p.m.

## Return to sender



Ernest Inglot, a second-year materials management student, prepares to hit the ball back to Paulo Silveira at Conestoga's tennis courts on July 26. (Photo by Anita Filevski)

## College hosts hockey school

## Kitchener Rangers set to invade rec centre

By Andrea Bailey

Players and coaches from the Kitchener Rangers junior hockey club will be instructing the Stars of Tomorrow hockey school Aug 11-15, at Conestoga's recreation centre.

Camp director Brad Sparkes was not available for comment, however he did direct a press release to the centre.

In the press release, Sparkes said that a few changes have taken place in the roster of instructors and players.

In the original program, Rangers' forwards Boyd Devereaux and Rob DeCiantis and goaltender Dave Belitski were to be on-ice instructors.

Sparkes said, however, that Belitski has unexpectedly signed a pro contract in Germany, but hopes to make it to Conestoga for at least a couple of days.

In Belitski's place, Sparkes said, the Rangers' back-up goaltender, Shawn Degagne, has agreed to be on hand for the entire week to provide goaltending instruction.

Degagne was recently selected in the sixth round of the NHL entry draft by the New York Rangers. Sparkes said Degagne also captured the Ontario Hockey

League's (OHL) Dinty Moore trophy, which honors a first year goaltender with the lowest goals against average figures in the league.

Boyd Devereaux may be able to attend the camp at some point during the final few days of the camp.

*Brad Sparkes, camp director*

What may be another disappointment for fans is that forward Boyd Devereaux may also be unavailable for the entire week.

Devereaux has been selected for a second consecutive year to try out for Canada's national junior team.

Sparkes said these tryouts will run from Aug 8-14, so Devereaux may be able to attend the school at some point during the final few days of its run.

On the list for coaches, Rangers' head coach Geoff Ward and assistant coach Brian Hayton were intended to lead the school.

Sparkes said Ward was recently selected as the assistant coach for Canada's under-18 national team.

This team is scheduled to travel to Czechoslovakia during the week of the hockey school.

In his place, Sparkes said, will be former Kitchener Ranger Greg Puhalski, a 1982 second-round pick of the NHL Boston Bruins.

Puhalski is currently the head coach of the East Coast Hockey League's Toledo Storm, an affiliate team of the Detroit Red Wings.

Sparkes said, other than the mentioned changes, the school is to take place in its original form.

He said on-ice instruction will include a professionally-designed program which focuses on power skating and hockey skill development.

Off-ice activities, Sparkes said, will include field games, such as soccer, baseball and ball hockey, and OHL-related dryland training.

He said the students will also be shown hockey videos, outlining the proper techniques of hockey fundamentals.

According to Sparkes, the school has been popular among young hockey players. It is full and cannot accept any more students.

## Students give thumbs up to Turcotte school

By Andrea Bailey

Based on the opinions of a number of young hockey players, Turcotte and its instructors were successful in providing an educational and enjoyable stickhandling

school for the fifth year at Conestoga.

"My mom thinks it's the best hockey school," said Jennifer Broxterman, a 12-year-old student. I definitely want to come back next year."

Matt Rooney, a 15-year-old Kitchener resident, said the skills he learned were the best part about the school.

"The stickhandling, the different moves and the scrimmages were all great," he said. "I was at the

Kitchener Rangers hockey school last year and it was different from this. Here, it's all on-ice instruction, which I like. At the Rangers school, they would take us off the ice and do things like roller hockey. I definitely prefer this school."

Jordan Yantzi, 14, agreed with Rooney that the instruction was top quality.

"Here, they teach you moves beyond skating. You don't usually get anything else at other places," said Yantzi. "It was a great time."

"There's not a lot for goalies, but they taught me a lot in stickhandling," said Chris Perkis, a 14-year-old goaltender. "It's a good tune-up."

In the opinions of most of the kids, a unanimous draw to the school was the patience and intelligence of the instructors.

"The instructors were pretty cool," said Yantzi. "They were really patient and they took a lot of time for everyone."

"Well, sometimes they were a major pain," said a laughing Rooney when instructor Doug Rutka walked past. "No, just kidding. They were all great to work with. They made the school fun and I want to come back next year."

Rutka, a 16-year-old player from Waterloo was drafted by the junior A Kitchener Rangers this past June and said he hopes to play with the club this fall.

He said that he and the rest of the instructors enjoyed teaching all the kids. "They were all good and really easy to work with," he said. "We have stuff that they don't learn anywhere else either, which makes the school even more interesting and important for them."

Bob Leitza, an instructor from Chicago, Ill., said he also enjoyed teaching the kids over the three-week period.

"I think the kids had fun and they all learned a lot," he said. "In our final scrimmage game this morning, the score ended up a nine-all tie with a dramatic penalty shot. The camp could not have ended on any more momentum for the kids."

"It was a really good time, too. The kids kept giving us Americans flak that Canada rules over the States. It became an on-going joke over the course of the school."

Leitza added, "I think the parents had a good time with it as well."

Marcy Lemon-Lawrence of Waterloo said she is glad she chose Turcotte for her son, Ryan.

"The school had everything — good instructors who taught the kids a lot," she said. "I decided to bake the instructors muffins because I was so impressed with them."

She added, "This was my son's second year with Turcotte and I plan to bring him back next year."

## Off campus action



Craig Simpson pulls the ball away from Joe Bothelo during a Cambridge youth soccer game at Preston Parkway school on July 23. (Photo by Ian S. Palmer)